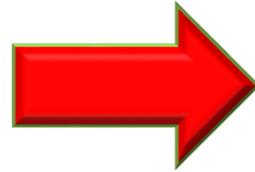


Unit 2 : Development Psychology





Development Psychology

It is a branch of psychology that focuses on studying all human beings. ages since conception until the end of life in all aspects, including physical growth, thoughts, emotions, feelings, attitudes, behaviors, expressions, society, personality, and intelligence of people of different ages in order to know the basic characteristics, background, turning point, critical point in each age

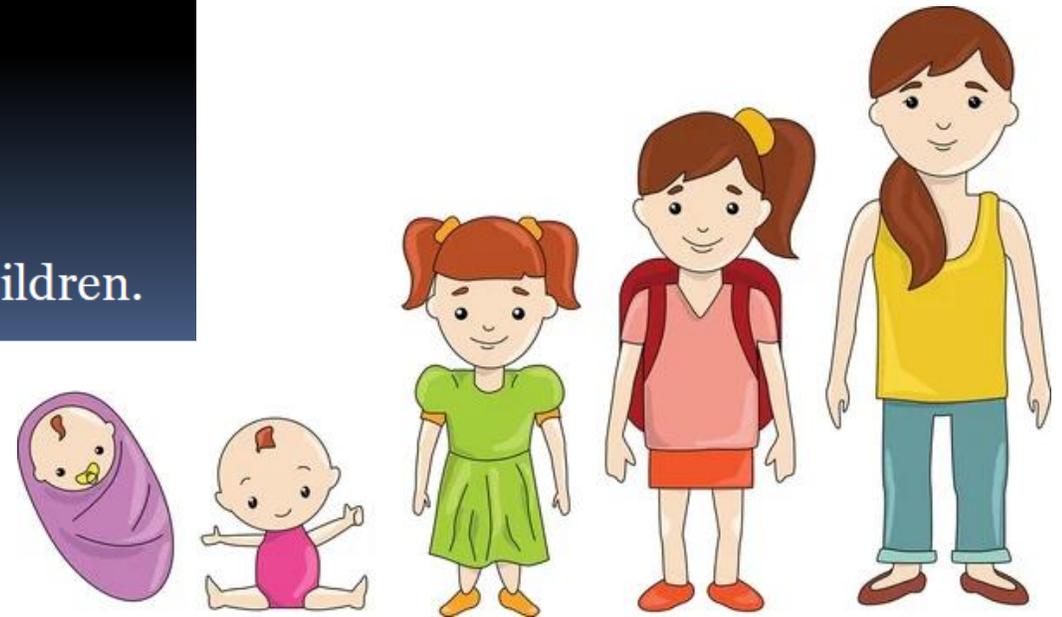
Definition of growth

Growth is a physical maturation resulting an increase in size or numbers of the body tissues and its various organs.



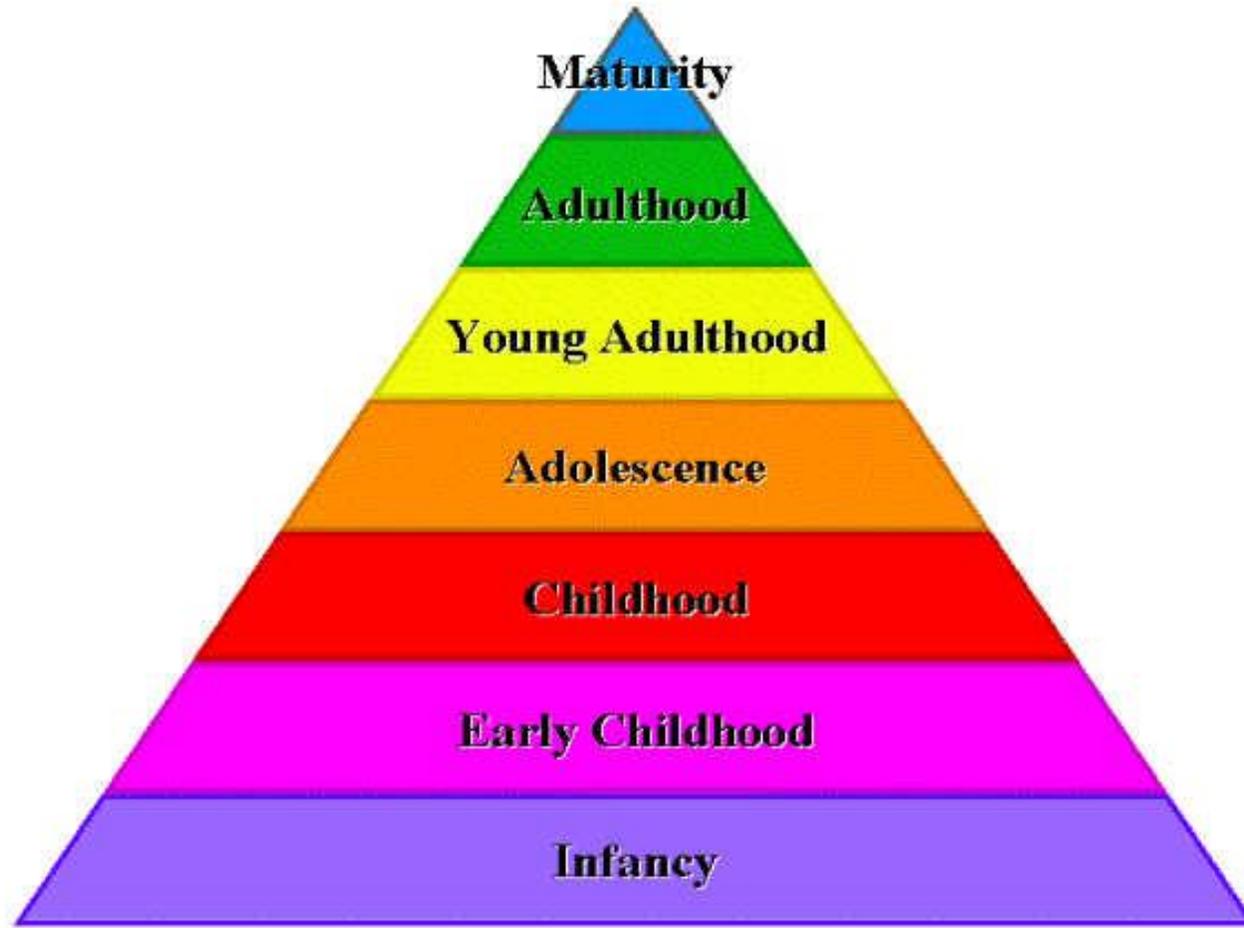
Principles of Growth and Development

- Growth is an orderly process, occurring continuously and unique to each child everywhere in the world.
- G& D is proceed by stages and its sequence is predictable.
- G& D depends on many factors especially hereditary and environment.
- Society has strong influence on G& D of a children.



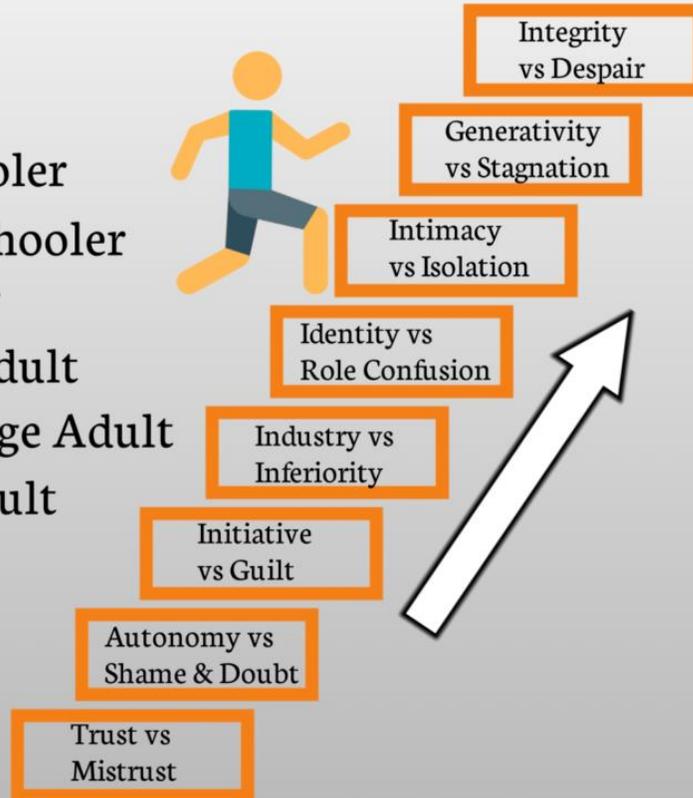
- Development proceeds from the simple to the complex and from the general to the specific.
- Development occurs in a cephalocaudal and a proximodistal progression.
- There are critical periods for growth and development.
- There is a positive correlation between physical, mental and emotional development of a child.





8 Stages of Human Growth and Development

1. Infant
2. Toddler
3. Pre-schooler
4. Grade-schooler
5. Teenager
6. Young Adult
7. Middle-age Adult
8. Older Adult



Areas of human development

- Psychologists have identified changes in four main areas of development:

- Physical
- Social
- Cognitive
- Emotional



Infancy

- Age: birth to 1 year old
- Conflict – Trust vs. Mistrust
- Dramatic and rapid changes
- **Physical development**– roll over, crawl, walk, grasp objects
- **Mental development**—respond to cold, hunger, and pain by crying. Begin to recognize surroundings and become aware of surroundings and people



Early Childhood



- Age: 1-6 years old
- Conflict:
 - Toddler 1 to 3 years - Autonomy vs. shame and doubt
 - Preschool 3 to 6 years – Initiative vs. guilt
- **Physical development** – growth slower than in infancy. Muscle coordination allows the child to run, climb, move freely. Can write, draw, use a fork and knife
- **Mental development** – verbal growth progresses, short attention span, at end of stage ask questions, recognize letters, and some words

Late Childhood



- Age: 6-12 years old
- Conflict – Industry vs. inferiority
- **Physical development**– slow but steady. Muscle coordination is well developed and children can engage in physical activity that require complex motor-sensory coordination
- **Mental development** – developing quickly and much of the child's life centers around school. Reading and writing skills are learned, understand abstract concepts like honesty, loyalty, values and morals

Late Childhood

- **Emotional development** -- the child achieves greater independence and a more distinct personality. Fears are replaced by the ability to cope.
- **Social development** – changes from activities by themselves to more group oriented. They are more ready to accept the opinions of others and learn to conform to rules, and standards of behavior. Needs are the same as infancy and early childhood along with the need for reassurance, parental approval, and peer acceptance.



Growth and development of Toddler (1-3 yrs)



Physical growth

Weight:

The toddler's average weight gain is 1.8 to 2.7 kg/year.

Formula to calculate normal weight of children over 1 year of age is

Age in years X 2+8 = kg.

e.g., The weight of a child aging 4 years
 $= 4 \times 2 + 8 = 16 \text{ kg}$



Height:



- During 1-2 years, the child's height increases by 1cm/month.
- The toddler's height increases about 10 to 12.5cm/year.

G & D of Pre-School



Physical growth

Weight: The preschooler gains approximately 1.8kg/year.

Height: He doubles birth length by 4-5 years of age.



Physiological growth

- **Pulse:** 80-120 beat/min. (average 100/min).
- **Respiration:** 20-30C/min.
- **Blood Pressure:** 100/67 \pm 24/25.



Fine motor and cognitive abilities

- Buttoning clothing
- Holding a crayon / pencil
- Building with small blocks
- Using scissors
- Playing a board game
- Have child draw picture of himself .



Emotional Development of Preschooler



- Fears the **dark**
- Tends to be **impatient and selfish**
- Expresses aggression through physical and verbal behaviors.
- Shows signs of **jealousy of siblings.**



Social development in preschoolers

- Egocentric (Selfish)
- Tolerates short separation
- Less dependant on parents
- May have dreams & night-mares
- Attachment to opposite sex parent
- More cooperative in play



School-Age



Normal school-age child

School-age period is between the age of 6 to 12 years. The child's growth and development is **characterized by gradual growth.**



Physical growth

Weight:

- School-age child gains about **3.8kg/year**.
- Boys tend to gain slightly more weight through **12 years**.
- **Weight Formula for 7 - 12 yrs**

$$= \frac{(\text{age in yrs} \times 7) - 5}{2}$$

2





Height

- The child gains about 5cm/year.
- Body proportion during this period: Both boys and girls are long-legged.

Dentition

- **Permanent teeth** erupt during school-age period, **starting from 6 years**, usually in the same order in which primary teeth are lost.
- The child acquires permanent molars, medial and lateral incisors.

Physiological growth

- **Pulse:** 90 ± 15 beats/min
(75 to 105).
- **Respiration:** 21 ± 3 C/min
(18-24).
- **Blood Pressure:** $100/60 \pm 16/10$.



Fine motor development

- Writing skills improve
- Fine motor is refined
- Fine motor with more focus
 - Building blocks
 - Sewing
 - Musical instrument
 - Painting
 - Typing skills
 - Technology: computers



Motor development

At 6-8 years :

- Rides a **bicycle**.
- Runs Jumps, climbs and hops.
- Has improved eye-hand coordination.
- Prints word and **learn cursive writing**.
- Can brush and comb hair.





At 8-10 years:

- Throws balls skillfully.
- Uses to participate in organized sports.
- Uses both hands independently.
- Handles eating utensils (spoon, fork, knife) skillfully.

At 10-12 years:

- Enjoy all physical activities.
- Continues to improve his motor coordination.

Adolescent (13 to 18 Year Old)



Definition of adolescent:

Adolescence is a transition period from childhood to adulthood. It is based on childhood experiences and accomplishments. It begins with the appearance of secondary sex characteristics and ends when somatic growth is completed and the individual is psychologically mature.



Adolescent

- As teenagers gain independence they begin to challenge values
- Critical of adult authority
- Relies on peer relationship
- Mood swings especially in early adolescents





Physical growth:

Weight:

- Growth **spurt** begins earlier in girls (10-14 years, while it is 12-16 in boys).
- Males gains 7 to 30kg, while female gains 7 to 25kg.

Height:

- By the age of 13, **the adolescent triples his birth length.**
- Males gains 10 to 30cm in height.
- Females gains less height than males as they gain 5 to 20cm.
- Growth in height ceases at 16 or 17 years in females and 18 to 20 in males

Appearance of secondary sex characteristics

1- Secondary sex characteristics in girls:

- Increase in transverse diameter of the pelvis.
- Development of the breasts.
- Change in the vaginal secretions.
- Growth of pubic and axillary hair.
- Menstruation (first menstruation is called menarche, which occurs between 12 to 13 years).



Secondary sex characteristics in boys:

- Increase in size of genitalia.
- Swelling of the breast.
- Growth of pubic, axillary, facial and chest hair.
- Change in voice.
- Rapid growth of shoulder breadth.
- Production of spermatozoa (which is sign of puberty).



Emotional development:

This period is accompanied usually by changes in emotional control. Adolescent exhibits alternating and recurrent episodes of disturbed behavior with periods of quite one. He may become hostile or ready to fight, complain or resist every thing.



Social development:

He needs to know "who he is" in relation to family and society, i.e., he develops a sense of identity.

Adolescent shows interest in other sex.

He looks for close friendships.



Adolescent behavioral problems

- Anorexia
- Attention deficit
- Anger issues
- Suicide





THANK
You! 😊